

Why do energy work with massage?

When you hurt yourself your first reaction typically is to grab the injured area and hold it. Where does this instinct come from and why do we do it? Evidence is found throughout history and cultures such as 10,000 year old cave paintings, ancient Greek history and Chinese writings.

Hippocrates' (referred to as the father of western medicine) described energy in 400 BC as ""the force which flows from many people's hands". Energy based therapies involve hands on techniques performed within the client's energetic body, either lightly touching or immediately off the physical body. These techniques are designed to effect change in the energetic body, which in turn creates change in the physical body. Energy moves through our bodies the way water flows through a hose. Physical and emotional trauma, some of which we don't even realize we carry, can disrupt the flow of energy the same way a bend, or clog in a hose can interrupt the flow of water.

In my practice I combine the physical aspects of massage along with energetic treatments (Cranio-Sacral therapy and other modalities) in a complementary fashion to create the best healing environment possible for my clients. Energy work is not intended to replace traditional health care treatment, but rather may be incorporated into a person's wellness plan. It should be considered as important as eating healthy, exercising, practicing yoga and getting enough rest.

Dave Draper works in The Iyengar Center of Denver fulltime, he is available Monday through Saturday. Call today at 303-906-1523 to schedule an appointment.